



July 2010

# THE COURIER

Naval Medical Center Portsmouth, Portsmouth, Va.



Midshipman's Summer Cruise — Page 16

## Best in the Navy

# Radiology Unveils New Interventionalist Suite

STORY AND PHOTOS  
BY REBECCA A. PERRON  
NMCP Public Affairs

Naval Medical Center Portsmouth's Radiology Department held a ribbon-cutting ceremony for a new Interventional Procedures Suite July 6 after the installation of a new biplane angiography system. A previous system that had begun to malfunction was

replaced within six months at a cost of \$2.3 million. The department's second suite received a new system with one-plane capability about six months ago, representing the newest inventory among Navy medical treatment facilities.

During the ceremony, Capt. Brendan Glennon, head of Radiology, explained that the previous unit had begun to function inconsistently, which

ceive our first wounded warrior," announced Capt. Matthew Pommer, acting commander, during the ceremony. "One of our own has been injured in Afghanistan and is coming home for treatment and will use this equipment. The 'if and when' of NMCP receiving wounded warriors is now tomorrow."

The six-month turnaround to order and install the new equipment was fast. According to Glennon, the procurement process for such sophisticated equipment usually takes more than two years, but due to the impact on the medical center's mission, several Navy Medicine activities collaborated with NMCP to speed up the process, including the Naval Medical Logistics Command and the Navy Diagnostic Imaging and Radiotherapy Board, which is chartered by the Navy Bureau of Medicine and Surgery.

The system's key function is digital subtraction angiography, which is an enhanced image of blood vessels without the interference of overlying

necessitated cancelling procedures and inconveniencing patients. The problem also impaired NMCP's ability to treat wounded warriors medevaced from war zones.

"And now we will re-



Cmdr. William Graf, medical director for Radiology and head interventional radiologist, right, gives a tour of the new suite to Capt. Matthew Pommer, NMCP acting commander, while Capt. Brendan Glennon, head of Radiology, looks on.

— See **Angio**, Page 11



Intern Class of 2010 Graduates 70

Page 4



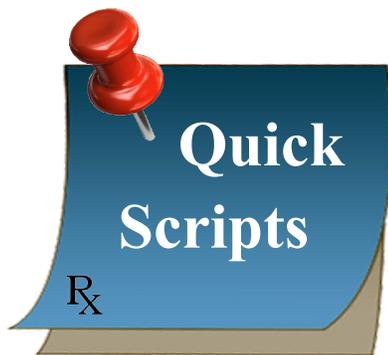
Command Picnic Feeds, Entertains 1,100

Page 8



Save-a-life Tour Simulator Visits NMCP

Page 10



### 3rd Annual Chief Selectee Spouse Workshop

Fleet and Family Support Center, Continuum of Resource Education, Navy League and Fleet Forces Command are sponsoring the 3rd annual workshop to assist the spouses of chief selectees in the transition process.

Attend a session at the Brashear Conference Center, Bldg. 3620 at Joint Expeditionary Base-Little Creek Aug. 14 or at the CNATTU Hangar, Bldg. 223 at Naval Air Station Oceana. Times for both dates are 8:30 a.m. to 2 p.m.

To RSVP, contact Amy McIntosh at 444-3397 or [amy.mcintosh.ctr@navy.mil](mailto:amy.mcintosh.ctr@navy.mil).

### ShipShape 8-week Fall Session Begins Soon

The ShipShape 8-week Fall Session begins Aug 5 and runs through Sept. 23. This is the last class before the next PFA. Open to active duty only.

### NMCP Ombudsman Team Pre-Deployment Brief

The NMCP Command Ombudsman Team is here to help when you are attached to NMCP or any of its outlying clinics and you or a family member are preparing to deploy!

Pre-deployment brief is held at 9:30 a.m. on the 3rd Tuesday of each month in the chapel.

Email us to join our Ombudsman email tree and learn the latest news.

[NMCPombudsman@med.navy.mil](mailto:NMCPombudsman@med.navy.mil)  
or  
757- 953-1973

Classes are Thursdays at 2 to 4 p.m. in the Nutrition classroom, Bldg. 2, 2nd deck. Register now, seats limited. For more information, check the Wellness website at [www.med.navy.mil/SITES/NMCP/Pages/default.aspx](http://www.med.navy.mil/SITES/NMCP/Pages/default.aspx). To register, call HRAC (866) 645-4584.

### Worksheet Signing

Worksheet signing for the September 2010 Advancement Examination will be held from 8 a.m. to 3 p.m. from July 19 through Aug. 11 for all E6, E5 and E4 candidates in the Command Education & Training Department, Bldg. 3, 2nd deck, Room 136.

Individuals must be in the uniform of the day and present their military I.D. card. No hospital badges will be accepted. For more information, contact HM2 Gasaway at 953-5218 and HM2 Wells at 953-5403.

### Enlisted Advancement Program Begins

The upcoming NMCP Enlisted Advancement Program review course will be held in Staff Education & Training, Bldg. 3, 2nd Deck in Classroom 3. Here are the scheduled dates:

HM1 Exam July 26 to 30

HM2 Exam Aug. 9 to 13

HM3 Exam Aug. 23 to 27

To enroll, submit a special request chit and most recent profile sheet through the chain of command. Seats are limited; submit requests as soon as

possible. Forward the approved request and profile sheet to HMC Johnson.

Find bibliography information on the NKO Advancement Exam Strategy Guide at [https://www.nko.navy.mil/portal/careermanagement/navyadvancementcenter/home/advancementexamstrategyguide\(aesg\)](https://www.nko.navy.mil/portal/careermanagement/navyadvancementcenter/home/advancementexamstrategyguide(aesg)).

Contact HMC Venita Johnson at 953-4537 or email her at [venita.johnson@med.navy.mil](mailto:venita.johnson@med.navy.mil) with questions.

### PREP Marriage Counseling

NMCP Pastoral Services sponsors a one-day Marriage Enrichment Workshop called PREP - Prevention and Relationship Enhancement Program - for married or engaged couples.

The monthly workshops are set for Aug. 10, Sept. 14 and Oct. 12 from 8 a.m. to 3 p.m. in the Main Chapel, Bldg. 2, 2nd deck. Workshop space is limited and dates are subject to change. To register, contact Pastoral Services at 953-5550.

NAVAL MEDICAL CENTER  
PORTSMOUTH IS ON  
FACEBOOK AND TWITTER

facebook



[www.facebook.com/  
NMCPortsmouth](http://www.facebook.com/NMCPortsmouth)

<http://twitter.com/NMCP1>

## THE COURIER

COMMANDER  
**Rear Adm. Alton L. Stocks**

DEPUTY COMMANDER  
**Capt. Matthew Pommer**

PUBLIC AFFAIRS OFFICER  
**Deborah Kallgren**

DEPUTY PUBLIC AFFAIRS OFFICER  
**Rebecca A. Perron**

STAFF JOURNALISTS  
**MC2 Riza Caparros**

The Courier is an authorized publication of Naval Medical Center Portsmouth, 620 John Paul Jones Circle, Portsmouth, VA 23708, and is published monthly by the Public Affairs Office.

The Courier provides an avenue to circulate all newsworthy information the NMC Portsmouth staff has to offer.

Anyone who wishes to submit an article or news information for publishing should contact the Public Affairs Office by calling 953-7986, by fax at 953-5118, or by emailing the PAO, Deborah Kallgren, at [deborah.kallgren@med.navy.mil](mailto:deborah.kallgren@med.navy.mil).

Submissions should be in Word format. Photos should be a separate submission from the document and in jpeg, bitmap or tiff format.

The Public Affairs Office is located in Building One, Third Deck, Rm. 308.

# COMMANDER'S CORNER

## NMCP Culture of Safety

Patient and staff safety. Nothing is more important or central to what we do every day at Naval Medical Center Portsmouth. In the practice of medicine, we learn a fundamental tenet early in our careers – “First, do no harm.”

When patients are asked what they expect from their hospital experience, they most often answer not to be harmed; to be healed and to have a good experience. We establish policies and procedures to minimize the chance that our well-intentioned actions might cause harm. The intensity of our efforts in this area is only matched by the patient's desire not to be harmed.

Safety at NMCP extends beyond the safety of our patients to the safety of each and every staff member. Currently we are in the midst of our “Critical Days of Summer Safety” program and have similar efforts throughout the calendar year to ensure that we have a safe working environment. Yet, despite our focus on safety, we will still experience unplanned, unwanted mishaps and near misses.

In both patient and staff safety,

NMCP can boast an excellent overall record. One incident is too many, however, and we should constantly strive to improve our practices and build on prior successes. We work in high-risk situations that increase the likelihood of an error, and we must remain ever vigilant.

Recently I attended a safety awareness conference and listened to a presentation by Mr. Kerry Johnson, a nationally recognized organizational safety expert. In his presentation, he reviewed some facts about errors that can help us understand and prevent them.

First, everyone makes errors, even the most experienced. Errors can be avoided by practicing low-risk behaviors. Most near misses and unsafe events are due to process or system problems. Lastly, our workplace culture affects how we behave, and our behaviors determine outcomes.

As we strive to improve our **NMCP Culture of Safety**, here are five tools for our safety toolbox that were developed by Sentara and have been proven to reduce safety errors. They are appropriate for patients and for staff, as well as in the workplace and at home.



1. STAR- Stop, Think, Act, Review
2. Communicate Clearly
3. Have a Questioning Attitude
4. Handoff Effectively
5. Never Leave your Wingman- Peer Checking and Peer Coaching

I encourage each of you to adopt these tools as we work daily to remove safety errors and improve the quality of care for our patients and the overall safety of “The First and Finest.”

*A. L. Stocks*

A. L. Stocks

## Oakleaf Club Donates Wish List Items to NMCP Clinics



The Oakleaf Club recently presented 12 Naval Medical Center Portsmouth departments, clinics and branch health clinics with items they had requested to meet the needs of their staff and patients.

The items, ranging from children's stickers and DVDs to cookbooks and a grill, cannot be purchased using official funding, but are necessary for the health and morale of staff and patients. The Oakleaf Club spent \$2,900, using some of the money they had raised during the past year at bake sales and their annual silent auction.

Photo by Rebecca A. Perron

# Intern Class of 2010 Graduates 70 Doctors

STORY AND PHOTOS BY REBECCA A. PERRON  
NMCP Public Affairs

Naval Medical Center Portsmouth held the Intern Class of 2009-2010 graduation June 30 in NMCP's auditorium, where Rear Adm. Thomas R. Cullison, deputy surgeon general and vice chief, Bureau of Medicine and Surgery, was the guest speaker. This year's class represents the 86th year in a row that the Navy's Graduate Medical Education program, which began in 1924, has



**The NMCP Intern Class of 2010 gets a round of applause after receiving their graduation certificates June 30 in the auditorium.**

graduated fully licensable physicians to serve the fleet around the world.

This year's class was composed of 70, including 63 Navy, five Air Force and two civilian interns. The Navy began taking Air Force interns when Hurricane Katrina devastated Keesler Air Force Base in 2005.

As first-year medical officers, they have completed internship training in Internal Medicine, Obstetrics and Gynecology, Orthopedics, Otolaryngology, Pediatrics, Psychiatry, Surgery and the Transitional Year programs. Unlike civilian programs, NMCP's interns are also trained to serve their country as officers as well as physicians. They have completed a rigorous program of general medical training to support the nation's military forces and are now eligible for their medical license.

During the ceremony, Capt. Matthew Pommer, NMCP's acting commander, addressed the interns before introducing Cullison.

"You are the future of Navy Medicine and the future of our Navy," Pommer said. "Congratulations shipmates, you made it to the end... almost. Today you stand on the heritage and tradition of over 180 years of historic service to our nation. You are now part of American history."

Cullison then took the familiar stage, having previously served as the Portsmouth medical center's commander and deputy commander. He spoke off the cuff to the interns and their families, comparing the great strides Navy Medicine has taken since the Vietnam Conflict, when he was a line officer, to the conflicts of today. Cullison was commissioned in 1968, finished medical school in 1979 and completed his internship and residency at Naval Medical Center San Diego in the early 1980s.

"In 1968, a war had been going on for seven years,"

Cullison began. "Today, a war has been going on for a very long time. The dedication of Navy Medicine in 1968, when I was a line officer, to today has not changed at all. What is different is the country. Today, both sides of the debate over whether the war is right support medicine. The reason that debate is not (aimed at the service member) is because we have an all-volunteer force. But if you look at the force we have today, it is night and day from our draft force (during Vietnam).

"We didn't have people who have the level of training that we have today," Cullison continued. "After the Vietnam War, we began to focus on quality of care to build the medical structure we have today. Focus on how to provide gradu-

— See **Intern**, Page 6



**The senior intern, Lt. Cmdr. Maria L. Grauerholz, presents Rear Adm. Thomas R. Cullison, the deputy surgeon general, a gift on behalf of the class for his appearance as guest speaker at the graduation June 30.**

# NMCP Corpsman Returns from IA as a Patient

BY MC2 RIZA CAPARROS AND DEBORAH KALLGREN  
NMCP Public Affairs

For a year and a half, Hospitalman Angelo Anderson worked in the Infectious Disease Clinic at Naval Medical Center Portsmouth. Little did he expect when he deployed to Afghanistan as an individual augmentee that he would return to the medical center as a patient.

Anderson, 21, now rests somewhat comfortably in his hospital bed. Just days ago, he was on the other side of the world in Helmand Province. Then on July 2, he was shot twice, and his injuries serious enough to warrant his return home. He was airlifted to Camp Dwyer, then to Landstuhl, Germany, on to Andrews Air Force Base and ultimately to Portsmouth. Transfusions, wound care, physical therapy, and family and friends are aiding in his recovery.

Anderson arrived at NMCP in October 2008 and soon began talking to Senior Chief Hospital Corpsman Woodie J. Wunstell, senior enlisted leader for Department of Medical Services, about deploying. Wunstell had served with the 3rd Battalion, 6th Marines in Afghanistan and was happy to share his experiences with Anderson.

“He was a superstar. He was Sailor of the Quarter for the fourth quarter. He only wanted to deploy,” Wunstell said.

An IA slot came up earlier this year and Anderson left to train at Camp Lejeune, N.C. He arrived at his assignment with the 3/6 in Helmand Province, Afghanistan, in March. Soon after, he transitioned to the duties of a line corpsman and accompanied U.S. Marines and Afghan National Army soldiers on foot patrols throughout the province.

Anderson recalled the day of his injury. “The patrol that day was smooth. We had been walking quite a ways and nothing happened. Things were pretty quiet in the area lately, and we had gone out with the intentions to talk to the locals and make sure they were benefiting

with our presence there, and to see what more we can do to help.”

Out of nowhere, the patrol came under attack. Anderson was shot – once in the shoulder and once in the thigh. He was soon medevaced out of the region, and on his way back to Portsmouth nearly two months before his deployment was scheduled to end.

“July 2nd my life changed forever,” said Angela Anderson, his mother. “I got the call and immediately planned to go to him.”

She left her home in Georgia and arrived at NMCP on July 8. She is staying at the Fisher House, the command’s home away from home for the families of seriously ill or injured patients receiving treatment at the medical center.



Photo by MC2 Riza Caparros

**HN(FMF) Angelo Anderson, left, receives words of encouragement after HMCS Woodie J. Wunstell, right, senior enlisted leader for Department of Medical Services, pins on Anderson’s Fleet Marine Force Warfare Insignia. Anderson earned his FMF pin while deployed to Afghanistan and is back at NMCP as a patient after sustaining injuries while on patrol July 2.**

While in Afghanistan, Anderson earned the Fleet Marine Force Warfare Insignia, a military badge issued to naval personnel who are trained and qualified to perform duties in support of the Marine Corps. Wunstell pinned Anderson July 9 in a ceremony held in the ward where he is recuperating. He was surrounded by family, friends and co-workers. Even his brother, Dré, stationed with the Air Force in California, skyped in for the ceremony.

“I am a strong mom,” she continued. “I will be his back bone, his brain, everything he needs me to be and I will pray next to him and with him while he is recovering so he may hopefully one day have a full life again.”

While acknowledging that the quality of care is always top notch at Portsmouth, Anderson added that everyone at the medical center has been beyond helpful.

“I haven’t wanted or needed for anything,” he said.

Mom agreed. “All he has to do is breathe,” she said with a chuckle.

Wunstell added, “I’ve talked to him every day since he’s been back. He’s doing extremely well under the circumstances. He’s definitely a dedicated and mature 21 year old. I think he’ll do great.”

# HSM Awarded to Staff for Haiti Mission



Photo by Deborah Kallgren

One hundred twelve service members at Naval Medical Center Portsmouth received the Humanitarian Service Medal June 10 for deploying in support of Operation United Response Haiti following the massive earthquake that hit the island nation in January.

The medal was awarded to those who deployed within 41 nautical miles of Haiti. Many of the medical center's

recipients were doctors, nurses, corpsmen and others who provided care and support to injured Haitians on board hospital ship USNS Comfort (T-AH 20). NMCP Commander Rear Adm. Alton L. Stocks also received the medal; he served as Joint Task Force Haiti surgeon before becoming commander of the medical center in May.

## Intern — Continued from page 4

ate medical education and how we take care of our patients as well.”

Cullison said the Navy would not have had the success in the first Gulf War and today if it were not for the dedication of Navy Medicine, and that continued success has allowed the Navy to respond quickly to emergencies.

“Ten years ago, the Navy would not have been able to send 550 people to Haiti at a moment’s notice overnight,” Cullison said. “So you are benefitting from our experience over the last 30 years.”

He then told the interns they must master to the best of their ability the specialty they are about to pursue. They must take the care of their patients seriously.

“The most important patient you’re ever going to take care of is the one in front of you,” Cullison said. “You have been training at a major medical center. The purpose of this hospital is to take care of patients. Your job is to be the medical capability of your unit and add expertise to the team. All of the corpsmen, all of the nurses, all of the

line officers will look to you as a doctor. So when you get out there in your general medical officer role or residency role, start teaching your team around you to help you, as the head of that team, to take care of patients.”

Cullison concluded by saying, “Enjoy today and take good care of your Sailors and Marines.”

The interns’ next step is residency programs at NMCP or duty stations around the world: 28 will remain at NMCP to pursue a three-year residency to become specialists in their field of medicine; 13 are assigned to Pensacola, Fla., many to be flight surgeons; 12 will be doctors at Camp Lejeune, N.C., many assigned to the Marines; six are assigned to Naval Submarine Base New London in Groton, Conn., many specializing in undersea medicine. The rest are assigned around the world or serving as general medical officers on ships such as USS Nassau, USS Iwo Jima, USS Enterprise and USS Harry S Truman. Others will serve at naval hospitals and medical facilities in California, Arizona, Hawaii, Guam, Japan, Italy, Guantanamo Bay in Cuba, and others.

# Enlisted Military Medical Training Starts at METC

STORY AND PHOTO BY STEVE ELLIOTT  
Fort Sam Houston Public Affairs

FORT SAM HOUSTON, Texas – The future of enlisted military medical training arrived at Fort Sam Houston in a big way June 30 with a ribbon-cutting ceremony marking the opening of the sprawling Medical Education Training Campus here.

The METC, part of the 2005 Base Closure and Realignment Commission (BRAC) initiative, is an integrated campus under a single university-style administration with more than 100 courses being taught.

Rear Adm. William R. Kiser is the METC's first commandant, with Army Col. Larry Hanson as deputy commandant and dean. Air Force Command Chief Master Sgt. Kevin Lambing is the senior enlisted adviser.

"Today marks a significant milestone in the ongoing story of military medicine," Kiser said. "Everywhere our nation sends our finest to serve, our graduates will be there with them serving as a force for good because of the work done here."

Making history as the world's largest military medical and training institution, METC entered into its initial operating capability with the ceremony. The first course, Radiography Specialist, actually began in April. Other courses will be phased in during the summer and fall.

"METC will serve as the birthplace for joint interoperability for corpsman, medics and technicians," Lambing said in his remarks. "In five years, every medic and corpsman under the grade of E-5 will have been educated here."

The campus will have more than 24,500 students annually with an average daily student load of approximately 8,000. By service, student breakdown includes approximately 45 percent Army, 31 percent Navy and 24 percent Air Force.

"Today is truly about new beginnings," said Rear Adm. Eleanor Valentin, Navy Medicine Support Command commander, and METC Flag Officers' Steering Committee chair. "METC's mission is to produce the world's best military healthcare personnel to support the nation, and the vision is to be the nation's leader in military medical education and training. This mission and vision guided us to ensure METC provides

curriculum and education that preserve each service's identity while creating an environment where our enlisted professionals can learn from their counterparts in their sister services."

Consolidated basic and specialty enlisted training from five separate service medical learning centers have already moved or are in the process of moving to San Antonio. Navy commands are the Naval School of Health Sciences at Portsmouth, Va.; the Naval School of Health Sciences in San Diego; and the Naval Hospital Corps School in Great Lakes, Ill.



**Medical Education and Training Center Commandant Rear Adm. William R. Kiser (right) celebrates opening the center, with Lt. Gen. (Dr.) Charles Green, U.S. Air Force Surgeon General (center) and Rear Adm. Eleanor Valentin, director, Medical Service Corps and commander, Navy Medicine Support Command.**

METC's footprint covers more than two million square feet on Fort Sam Houston and will cost more than \$1.2 billion to build and equip. Each of its three current dormitories will house 1,200 Airmen and Sailors. Two other dorms will be built nearby for Army students, with one housing 1,200 Soldiers and the other 600 Army students.

"I want you to see not just the bricks and stones and mortar and glass," Kiser said. "I want you to see the people whose lives will be made better by what transpires in these buildings. These buildings are an investment in the health and safety of the men and women who go into harm's way. They are an investment for what we in military medicine stand for."

# Fun Times, Smiles for All at Command Picnic

STORY AND PHOTOS BY MC2 RIZA CAPARROS  
NMCP Public Affairs

It was a beautiful day for a picnic when Naval Medical Center Portsmouth held its annual command picnic July 1 at Hospital Point. More than 1,100 tickets were sold for the event, which entertained guests with food, music, dancing and games.

The lines for food were long, but faces were not! A friendly game of touch football was en-

joyed by a group of Naval Medical Center Chief Petty Officers and kids. Norfolk Admirals mascot, Hat Trick, walked around and greeted guests. There were jumping houses set up for younger kids.

There was even a large group of people line dancing to the music.

Cmdr. James Hancock, acting deputy commander, finished off the day by cutting the first slice of cake and presenting prizes for the picnic raffle. The day had begun with team competition in obstacle course, running relay and tug-of-war. The Radiology Department won the coveted paddle award.



Left: Norfolk Admirals mascot "Hat Trick" joins the fun as a group of command picnic guests dance the "cupid shuffle".



Right: A friendly game of touch football was enjoyed by a group of Naval Medical Center chief petty officers and kids during the command picnic. HMC Felofani Peau, left in photo, and his teammates, won the game 5-0.



A little girl entertains herself by running around the flag pole while her family waits in line for food.



Cmdr. James Hancock, Naval Medical Center Portsmouth acting deputy commander, cuts the first slice of cake during the command picnic.



Left: CS1 Eric Oliver grills up hot dogs. Bar-becued chicken and hamburgers were also on the grill menu.



Right: Although the lines for food were long, they moved very fast. In addition to grilled goodies, potato salad, cole slaw, chips and beverages were also on the menu.



MA2 Breanna Torres, HM2 Debra Fink, HM1 Kathryn Nuzum and HM3 Amanda Johnson pose with Norfolk Admirals mascot "Hat Trick" during NMCP's command picnic at hospital point.



Members of the Radiology Department accept the coveted paddle for winning the team challenge before the command picnic. Teams competed in an obstacle course, running relay and tug-of-war events for the bragging rights to the prize.



Members of NMCP's Fire Department gave picnic goers a first-hand look at their fire engine and its equipment.

# Save a Life Tour Provides Drunk Driving Perspective

BY REBECCA A. PERRON  
NMCP Public Affairs

Naval Medical Center Portsmouth hosted the Save a Life Tour – a multi-million dollar drinking and driving simulator – June 16, which allowed medical center staff to experience the effects of driving under the influence while sober. The simulator, one of three that travels the country, includes a real ignition, console and three wrap-around screens.

The SALT simulator is the only system in the country that gives users a realistic perspective on the effects of driving while intoxicated, but while they are sober so they can understand the true effects of drunk driving. The simulator works by delaying the response in the steering wheel and gas and brake pedals. As the amount of alcohol increases, so does the delay, simulating what happens as a driver increases the amount of alcohol consumed.

The appearance by the tour at NMCP was several years in the making and due to the efforts of the command's safety manager, Arthur Vogel.

"I heard about it a few years ago when it stopped at Naval Station Norfolk," Vogel said. "Seeing it in person made me realize that it is the best drunk driving simulator. I knew it would allow our people to experience the true effects of drinking and driving."

The tour was booked every year since until this year when they called Vogel to set up the stop. Two of the program's facilitators, Andrew Tipton and Sidney Walker, were on hand to offer instructions throughout the day to the more than 250 individuals who gave the simulator a try. At least another 350 watched the simulator in use throughout the day, still able to get a sense of how one's reactions are affected. Capt. Matthew Pommer, NMCP's acting commander, was the first to get behind the wheel.

"The simulator is a really neat technological tool, in that it takes into account different levels of alcoholic impairment," Pommer said. "It automatically adjusts your reflexes. It is sobering because you can see how you would over compensate in a situation while impaired and

see that your reactions are not where they should be.

"Those who engage in video gaming would appreciate it as a good tool for them to realize the risks they are putting themselves, their passengers, their loved ones and complete strangers in if they drive impaired," Pommer continued. "The simulator is one tool to help us realize that life is not a game and has consequences to actions."

The simulator takes each user through 11 stages, from completely sober to driving with a Blood Alcohol Concentration of .34. The level was recently increased because people are being arrested more frequently with BACs over .30. In Virginia, the legal driving limit is .08.

Many who experienced the simulator commented they felt dizzy and fatigued while using it, and felt it showed how they would drive if drunk. All of those who tried it were either stopped for a DUI or crashed and died. Many ran over pedestrians and crashed into parked cars and buildings.

The tour stop comes at a time when NMCP is striving to eliminate command members from driving under the influence through the "72 for a 72" and "96 for a 96" campaigns, where enlisted command members are

awarded special liberty for going a certain number of days without a DUI. To date, the command has completed the 72 for a 72 initiative, and is in the midst of the 96 for a 96.

"We were extremely appreciative to get the simulator here this year, even though it was for a short duration," Pommer added. "It is fun, yet sobering to use and, if its presence here helped

educate just one person, it was worth the time and effort to get it here."

"This was the best time for the tour to stop, right before the Fourth of July holiday and in the middle of the critical days of summer," Vogel said. "Our staff walked away with a better understanding of the effects of drinking and driving. Hopefully this experience will help eliminate those who might have thought about driving drunk."

Local stops for the tour also included Naval Station Norfolk and Fleet Area Control and Surveillance Facility, Virginia Capes at Naval Air Station Oceana. Tour coordinators were impressed by the turnout of more than 600 individuals, and plan to put NMCP in the tour schedule next year.



Photo by Deborah Kallgren

**Capt. Matthew Pommer, acting NMCP commander, is the first to take the SALT simulator for a spin during the simulator's stop at NMCP June 16.**

## Officers of 1st Quarter Recognized

The eight recipients of the Officer of the Quarter award stand with Rear Adm. Alton L. Stocks, NMCP's commander, right, and Capt. Matthew Pommer, NMCP's deputy commander, left.

From top left: Cmdr. Timothy Clenney, Officer of the Quarter In-Training, Cmdr. Timothy Porea, Senior Medical Corps; Lt. Todd Parker, Junior Medical Corps; Lt. j.g. Renardis Banks, Junior Medical Service Corps; Lt. Cmdr. Tracey Giles, Senior Nurse Corps; Ensign Lee-Anne Lafleur, Junior Nurse Corps; Lt. Erin Zizak, Junior Detal Corps; and Cmdr. David Chacon, Senior



Photo by Rebecca A. Perron

### Angio— Continued from page 1

bone and tissue, and can be used to diagnose blockages and other blood vessels problems. Multiple images are taken about the patient and combined electronically to produce a three-dimensional image.

During each imaging sequence, the interventionalist first acquires a mask image of the anatomical region and then a contrast enhanced image by injecting a contrast agent using a catheter guided from a small, remote incision. The system then “subtracts” the layers of bone and tissue, leaving behind an image of the vessels that may need diagnosis and/or treatment.

Many of these subtracted images are reconstructed to build the 3D model of the area. The process is minimally invasive and can be used in patients for whom more invasive procedures are undesirable, ultimately offering complete diagnostics and interventions in neuro, spine, abdominal and pediatric imaging.

The previous system had similar capabilities, but recent technological advances make the new one easier to use, provide better access to complex anatomy and make it safer for

patients.

“The image quality it produces is much better,” said Lt. Cmdr. Donald La Barge, associate department head for Radiology. “It has flat-panel detectors, requires less radiation exposure (than older systems) and is more maneuverable for different projections. We can bring the radiation exposure down for thinner patients or children. With the other system, we had to inject contrast material for each (imaging) direction. Now, we can take images in two directions

at the same time, cutting down the chance the patient will experience side effects from additional contrast material.”

The new system will be used to treat aneurysms, strokes and to cut off the blood supply to tumors, according to La Barge. For war wounds, the interventionalist typically will be seeking to plug bleeding blood vessels. The suite can also be used as an operating room for such procedures as biopsies, the removal of blood clots or the placement of stents.



The multi-screen display allows the interventionalist to see multiple images of the patients at the same time.

# Emergency Medicine Resident Class Graduates 8



The Emergency Medicine Resident class of 2010 graduated eight residents in the foyer of Bldg. 1 June 10, with Rear Adm. William M. Roberts, fleet surgeon, U.S. Fleet Forces Command, as the guest speaker. Rear Adm. Alton L. Stocks, NMCP commander, also addressed the residents.

The residents completed a three-year program and are now deemed Emergency Medicine physicians. Their assignments include Okinawa, Japan; National Naval Medical Center, Bethesda, Md.; Marine units and Naval Hospital Jacksonville, Fla.

PHOTOS BY REBECCA A. PERRON



The Emergency Medicine Resident class listens to the guest speaker, Rear Adm. William M. Roberts, fleet surgeon, U.S. Fleet Forces Command.



Senior members of the Emergency Medicine Resident class presents Tricia Richardson, Emergency Medicine Residency coordinator, with a gift.

## “96 for 96” DUI-Free Challenge

As of press time, NMCP was on day 38 of the DUI-Free Challenge.

FOLLOW NAVAL MEDICAL CENTER  
PORTSMOUTH ON FACEBOOK AND TWITTER

facebook

[www.facebook.com/  
NMCPortsmouth](http://www.facebook.com/NMCPortsmouth)



<http://twitter.com/NMCP1>

# Hospital Corps Celebrates 112th Birthday

By REBECCA A. PERRON  
NMCP Public Affairs

Naval Medical Center Portsmouth celebrated the 112th Hospital Corps birthday with several events, including a cake cutting in the galley and a 112-lap group run around Branch Health Clinic Oceana June 17.

During the cake cutting, Master Chief Hospital Corpsman Glenn McBride, acting command master chief, and Capt. Matthew Pommer, deputy commander, spoke about the importance of the hospital corpsman rating and the significance of the contribution of those in the rate to the Navy and Marine Corps communities.

“Celebrating the Hospital Corps birthday is an opportunity to recognize the service of those who have served heroically in years past as well as those who are saving the lives and easing the pain of fellow

service members and their families worldwide,” McBride said.

“Since their inception on June 17, 1898, the Hospital Corps has cared for United States Sailors and Marines here at Portsmouth,” Pommer said “They have saved American lives in every military action our country has engaged in since that time. Many veterans alive today owe their very life to the brave men and women who have earned the right to be called a Navy Corpsman.

“When we celebrate occasions such as the Corpsman birthday,” Pommer added, “we celebrate their contribution to the freedoms that we enjoy as citizens of the United States of America.”

Earlier that morning, BHC Oceana staff members participated in a group run to commemorate the occasion. The run consisted of 112 laps around the building, totaling a distance of 33.6 miles, with each person who completed a lap contributing to the total.

More than 20 active duty and civilian personnel and former clinic personnel came out to run or walk and rotate laps to show their support.

“One hundred twelve years signifies a chain of continued service (of the Hospital Corps) for both Marines and Sailors,” said Cmdr. Martin Kerr, officer in charge. “We have young and older people serving, keeping the continued service going, along with our civilian shipmates who we invited to



Photo by MC2 Kristan Robertson

**Personnel from Branch Health Clinic Oceana take off on the first lap in the organized 112-lap run around the clinic in recognition of the Hospital Corps 112th birthday on June 17. More than 20 of the clinic staff came out to participate.**

celebrate with us and represent Navy Medicine as a whole.”

Navy corpsmen are the most decorated of all enlisted ratings. Their professionalism, loyalty, courage and bravery are quantified throughout our Navy’s history. Corpsmen represent 22 Medal of Honor recipients. HM3 William Charette, for whom the Portsmouth health care center is named, is a Medal of Honor recipient. Navy corpsmen have been awarded 174 Navy Crosses, 946 Silver Stars and 1,582 Bronze Stars.

The Hospital Corps was established when President William McKinley signed a bill to establish it on June 17, 1898. The earliest rates changed significantly over time from hospital apprentice, hospital apprentice first class and hospital steward, to the introduction of hospital apprentice second class (HA2c), pharmacist’s mate (PhM) 3rd Class (PhM3c), PhM2c, PhM1c and chief pharmacist’s mate (CPhM). In 1958, the hospital corpsman (HM) rating replaced those titles. Hospital corpsman is the largest rating in the Navy.

*MC2 Kristan Robertson, NAS Oceana Public Affairs, contributed to this story.*



Photo by Rebecca A. Perron

**Hospitalman Recruit Alisha White, NMCP’s most junior corpsman, and Hospital Corpsman First Class (SW/AW) Nalani Guerrero, NMCP’s most experienced corpsman, cut a ceremonial cake for the 112th birthday of the Hospital Corps June 17.**

# Play Ball! NMCP's Softball Team Makes Playoffs



SH3 Rico Hill (foreground) waits for his turn at bat during the first game of the MWR softball tournament July 6. Hill is a member of the Naval Medical Center Portsmouth Hawks softball team, composed of active-duty Sailors and DoD employees employed at the medical center. The Hawks finished their season with a record of 15-7.

HM3 Devon Miller pitches the ball during the first game of the MWR softball tournament July 6. The team was eliminated from the tournament in the second round.



Members of the NMCP Hawks pose for a picture before the MWR softball tournament which began July 6. The team was part of the local softball league, comprising 12 teams from various Navy commands in Hampton Roads.

PHOTOS BY MC2 RIZA CAPARROS

# JULY AWARDS

## **MERITORIOUS SERVICE MEDAL**

Capt. Andrew Johnson  
Capt. Everett Magann  
Capt. Joseph Murray  
Capt. Richard Sharpe  
Cmdr. Paul Arp  
Cmdr. John Bastien  
Cmdr. James Hill  
Cmdr. Zsolt Stockinger  
HTCS(SW/AW) Rachael Kimmey

HMC(SW/AW) Angela Harrell  
LSC(SW/AW) Renold Thomas  
HMC(SW/FMF) Gary Yestingsmeier  
CS1(SW) Thomas Bush  
HM1 Nellie Garcia  
HM1 Kevin Ramdass  
HM2(SW/AW) Lynsay Pallas

## **NAVY & MARINE CORPS COMMENDATION MEDAL**

Cmdr. Michail Charissis  
Cmdr. Benjamin Cilento  
Cmdr. Charles Ellis  
Cmdr. Michael Fenton  
Cmdr. Jennifer Pierce  
Cmdr. Donald Shenenberger  
Cmdr. Zsolt Stockinger  
Cmdr. Jonathan Van Dermark  
Lt. Cmdr. Michael Blanscet  
Lt. Cmdr. Alvin Garcia  
Lt. Cmdr. Marc Ferrera  
Lt. Cmdr. Debra Hagan  
Lt. Cmdr. David Koch  
Lt. Cmdr. Natalie Wells  
Lt. Cmdr. Jeffrey Wessel  
Lt. Cmdr. Eric Whiting  
Lt. Cmdr. Kathleen Yuhas  
Lt. Dinorah Cely  
Lt. Jessica Hillner  
Lt. Connie Johnson  
Lt. Stacy Martinson  
Lt. Brandon Wolf  
Lt. Eric Yeung  
Lt. j.g. Maura Adams  
HMC(SW) Steve Falb

## **NAVY & MARINE CORPS ACHIEVEMENT MEDAL**

Lt. Cmdr. Thomas Nipper  
Lt. Cmdr. Erik Voogd  
Lt. April Breeden  
Lt. Jonathan Maher  
Lt. Christopher Maroules  
Lt. Aaron Poole  
Lt. Krista Puttler  
Lt. Kaine Stokes  
Lt. Elizabeth Yoder  
Lt. j.g. Marisol Armora  
Lt. j.g. Renardis Banks  
Lt. j.g. Michelle Finley  
Lt. j.g. Sasha Gonzalez  
Lt. j.g. Samantha Jennings  
Lt. j.g. Sabrina Mork  
Lt. j.g. Loretta Richardson  
HM1 Dedra Boyd  
HM1(FMF/SW) Glenn Farris  
YN1(SW) Michele Johnson  
MA1 Neil McLean  
HM1 Geidre Ventling  
SH2 Kenneth Alvarez  
HM2(FMF) Gerardo Enerlan Jr.  
HM2 Amanda Shearn  
HM2 Lisa Thienard  
SH2(SW) Brett Whitfield  
HM3 Kathrine Davis  
HM3 Clinton Woolley

# SHIPMATE OF THE MONTH

HM3(AW) PEALA MCGEE, DSS  
LS2(SW) THUY BELMAR, DFA  
HM3 BRIAN ORDILLE, DDS  
HN DANIEL VESS, DCSS  
HN CHRISTOPHER STAPLETON, DNS

HN JOSEPH NYBERG, DMH  
HA NORBERTO ZAMORA, DMS  
HM2 FERRELL JENKINS, DPHS  
HM2 JASON GASAWAY, DPE  
HN JAMIE HARRIS, DPC

# ‘Summer Cruise’ at NMCP Helps Midshipman Make Decisions for Future

STORY AND PHOTO BY MC2 RIZA CAPARROS  
NMCP Public Affairs

Naval Medical Center Portsmouth is not the typical place a midshipman from Iowa would go for his summer cruise. But Midshipman 1st Class Jake Peterson spent the month of June at NMCP, his mind filled with questions and open to absorb the answers. Dressed in light blue scrubs and a white lab coat, any person passing him by would think he was one of many caregivers working at the medical center.

Peterson is a fourth-year student at the Naval Academy in Annapolis, Md. He was at NMCP for an educational observership program presented by the Graduate Medical Education and Academic and Alumni Affairs Department. He is scheduled to graduate from the academy in spring 2011 and is one of 17 applicants vying for the 10 Medical Corps officer billets being offered to his graduating class.

“I came here to decide if the Medical Corps is right for me,” said Peterson. “This was a great way for me to experience Navy Medicine from all aspects.”

Cmdr. (Dr.) Samuel Critedes, NMCP staff neurosurgeon, hosted Peterson during his stay. The 21-year-old stayed at his home the duration of the observership and became a part of the doctor’s work and home life. The two rode into work together, providing the midshipman the added benefit of keeping a surgeon’s arduous work schedule.

“He didn’t have a car, so he shadowed me quite a bit,” said Critedes. “His hours were impacted by mine. Regardless of where he was that day, if I had to stay late for surgery, so did he.

“This was an added benefit for him,” Critedes continued, “because he experienced the work schedule and chaos of being a doctor, a father and a mentor and was able to see it can be done if it is something he really wants.”

“Exposure is key to the program,” said Janie Slade, Graduate Medical Education officer. “I set him up with a variety of rotations, placing him in one department per day. He’s observed in the operating room and the delivery of a baby. He’s met with the commander and has seen the executive side of Navy Medicine.”

“We want to provide them an opportunity to see what we have to offer in Navy Medicine, so they can

make an educated decision,” said Capt. John O’Boyle, director for Professional Education. “We want to place them in the position to make a good career choice, see what the environment is like...for better or for worse.”

“I’ve seen the clinic side, the surgery side, I’ve talked to interns, residents, doctors,” Peterson said. “I’ve seen as many different perspectives of Navy Medicine as possible and have a basic idea of how it all works.”

O’Boyle, an academy graduate himself, said, “our cadre of Naval Academy graduates here take personal interest in supporting the midshipmen who come for the observership. It helps us to connect back to our roots, while investing time and energy into those folks interested to make the future of Navy Medicine stronger.”



**Naval Academy Midshipman 1st Class Jake Peterson, right, observes as orthopedic resident Lt. Timothy Frazier administers an injection of medication into the knee of a patient. Peterson participated in a four-week observership rotating through many clinics of the medical center.**

Peterson hopes the observership sets him apart from the other 16 applicants for the Medical Corps billets.

“It’s been a pretty amazing experience,” he said. “I have a pretty good view of neurosurgery and I’ve enjoyed pathology, and the Emergency Room – the best. Some departments are more exciting than others, but even after a less exciting day, I’ve been lucky to come home with Dr. Critedes and unwind at home with him and his family.”

Peterson returned to the Naval Academy on June 26 after spending four weeks at NMCP.

NMCP has offered the observership for three years with 10 midshipmen rotating through. The next midshipman to participate arrives at the end of July.